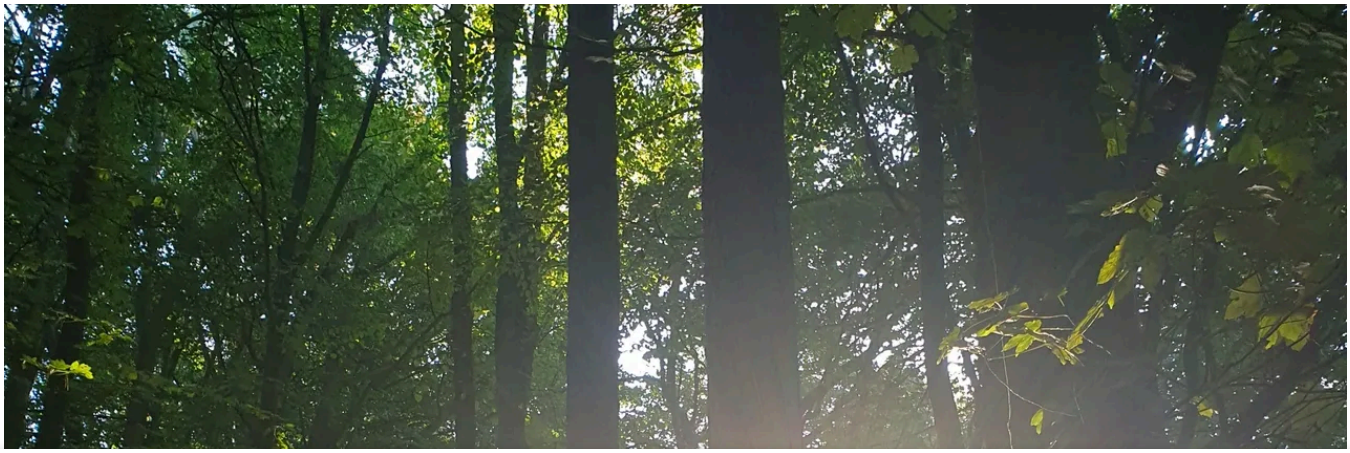

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A Woman in Orbit

For most of my adult life, I bled with the full moon. It wasn't something I orchestrated — it simply happened. My body seemed to move in harmony with the lunar tides, as if

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loyal to the full moon — ended quietly, almost reverently, during that global stillness.

The Silence of the World – And My Body

There was something eerily fitting about it. While streets emptied and skies cleared, I too entered a kind of liminal space. Not quite who I had been, and not yet who I was becoming. The silence was deep. Both external and internal. No more bleeding. No more tides. I felt both bereft and relieved. In that stillness, I began to feel something else emerge — not absence, but heat. It crept in at night, rose suddenly during the day. My body, once a vessel of cool, cyclical flow, had become something new: a furnace.

The Arrival of Heat – Becoming the Star

As an amateur astronomer, I couldn't help but think of Betelgeuse — the red giant star that pulses in Orion's shoulder. Like me, Betelgeuse is in a transition phase. Once a stable main-sequence star, it has now expanded into a red giant, growing larger and hotter, radiating more energy even as its core undergoes profound change. Scientists watch Betelgeuse with anticipation: will it go supernova in our lifetime?

Something about that resonated. I, too, have expanded. I, too, have begun to radiate energy — not just metaphorical, but physical. The hot flushes feel like flares of solar

Expansion and Energy

This new internal furnace isn't just about discomfort. It's about a profound shift in energy. No longer is my body focused on the monthly creation and shedding of life. That life-giving force, once directed outward, now seems to be turning inward, transforming me from the core. I feel an unbidden surge of creativity, a renewed clarity of purpose that wasn't quite there before. It's as if the energy that fuelled my lunar dance has been redirected, becoming a powerful internal engine.

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Betelgeuse, in its red giant phase, is a magnificent, dying star, but "dying" in the cosmic sense is a misnomer. It's not an ending, but a profound transformation, a spectacular re-engagement with the universe. Its increased luminosity isn't a fading light, but a burst of radiant wisdom, a final, brilliant declaration before its ultimate stellar metamorphosis.

This resonates deeply with the wisdom I feel emerging. The internal heat, the shift, feels less like a winding down and more like a powering up into a different mode of being. It's a redefinition of power, away from the cyclical, reproductive force, and towards a more enduring, pervasive presence. This is the wisdom of the red giant: a stage of life where the core is transforming, radiating accumulated energy and preparing for a new, magnificent cosmic expression. Perhaps the 'supernova' isn't a destructive explosion, but a dazzling, energetic release of accumulated life experience and power.

A New Cosmic Self

I am learning to embrace this new cosmic self. The woman in orbit, once tethered to the moon's pull, is now a red giant, expanding, radiating, and preparing for her next great celestial act. The hot flushes are no longer just an inconvenience; they are sign

My journey through menopause is not an end, but a spectacular beginning. It is the moment I become my own supernova, not to collapse, but to burst forth with a new, incandescent light, illuminating the next chapter of my cosmic existence.

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